

Which One Are You?

Are You an Emotion Scientist or an Emotion Judge?

Emotion Scientist

- Is curious about one's own and other people's emotions
- Asks people how they're feeling and listens for the response
- Seeks to understand the causes behind feelings
- Tries new strategies to manage feelings
- Reflects and learns from mistakes and tries better the next time



Emotion Judge

- Is uninterested in and critical about emotions
- Makes quick assumptions about how people feel
- Judges why people feel the way they do
- Is closed to learning new ways to manage feelings
- Makes little to no effort to grow or improve emotion regulation skills



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